



Serves 6

Preparation Time: 25 minutes

Cook Time: 40 minutes

INGREDIENTS:

12 large Swiss chard leaves, ribs removed

1 large onion, peeled and finely diced

6 cloves garlic, peeled and minced

3 tablespoons minced basil

1 tablespoon thyme

1½ cups millet

5 cups [Vegetable Stock](#), or low-sodium vegetable broth

½ cup pine nuts, toasted

¼ cup nutritional yeast

Salt and freshly ground black pepper to taste

2 cups [Roasted Red Pepper Sauce](#)

Millet-Stuffed Chard Rolls

Millet and chard are great alternatives to the usual rice-stuffed cabbage, and the Roasted Red Pepper Sauce is perfect when you want something other than tomato sauce.

From *Forks Over Knives - The Cookbook*

Find this stuffed recipe and more in the *Forks Over Knives Recipe App*.

By Del Sroufe

- 1 Prepare an ice bath. Bring a pot of water, large enough to hold the chard leaves without bending them, to a boil. Add the chard and blanch it for 20 to 30 seconds until it softens. Submerge the softened leaves in the ice bath to stop their cooking. Set aside.
- 2 Preheat the oven to 350°F.
- 3 Place the onions in a large saucepan and sauté over medium heat for 8 minutes. Add water 1 to 2 tablespoons at a time to keep the onions from sticking to the pan. Add the garlic and cook for 2 minutes. Add the basil, thyme, millet, and 4½ cups vegetable stock and bring to a boil over high heat. Reduce the heat to medium and cook, covered, for 20 minutes, or until the millet is tender. Remove from the heat. Add the pine nuts and nutritional yeast, and season with salt and pepper.
- 4 Place a chard leaf on a flat surface. Spoon some of the millet mixture in the middle of the chard leaf. Fold the large end of the chard over the filling, then fold the sides in and roll the leaf up like a cigar. Place the roll, seam side down, in a 9 x 13-inch baking dish. Repeat with the remaining chard leaves. Pour ½ cup vegetable stock into the pan to cover the bottom of the pan. Cover the dish with aluminum foil and bake for 25 minutes, or until the chard leaves have wilted and are tender. Serve topped with the roasted red pepper sauce.